

Budget Friendly Healthy Eating

Budget Friendly Protein

- Eggs
- Cottage Cheese
- Greek Yogurt
 - Buy in a tub vs. single serve and be sure there is <5g added sugar per serving
- Lentils & Canned Beans
 - No added salt
- Fairlife Milk
 - Higher in protein than milk, cheaper than protein shake
- Edamame
 - Frozen in pod or shelled, eat plain or add to salads, wraps, stir fries
- Frozen Chicken Breast
- Whey Protein Powder
 - Pure Protein is affordable
- Ground Turkey or Beef
 - Drain the grease if not 90% or leaner
- Canned Tuna or Canned Chicken

Buy What's in Season

- Fall/Winter
 - Berries, asparagus, peaches, melons, zucchini, tomatoes, radishes
- Spring/Summer
 - Apples, oranges, pears, spaghetti squash
- Available Year Round
 - Bananas, carrots, peppers, mushrooms, celery, onion, lettuce/spinach, cabbage

More Bang for Your Buck

- Plan your meal or make your shopping list based on what is on sale
- Aldi typically has the best produce prices if you don't want to shop around
- Buy frozen fruit and vegetables
 - No food waste, convenient, and just as healthy
- Avoid buying pre-cut fresh produce as you will spend 2-3x more for it

Budget Friendly Snacks

- Hard boiled eggs
- String cheese
- Honey roasted soynuts
- Peanuts
- Equate premade protein shake
- Peanut Butter on celery
- Air-popped popcorn
- Cottage Cheese w/ tomato slice and 1 cup of fruit
- Low carb wrap w/ canned chicken
- Low carb wrap w/ refried beans, ¼ cup cheese and salsa
- Greek yogurt w/ defrosted frozen berries